

USRA FOR TRAINEES



23rd May 2024

- **Cost:** £160 (payable @ www.niras.org.uk)
- **Location:** Lough Neagh Discovery Centre, Oxford Island
- **Aims:** For **Trainee Anaesthetists** who want to improve their Regional Anaesthesia knowledge and skills, focussing on 'Plan A' blocks

Course schedule

08:45 – 09:00: Welcome and introduction

Dr Jonathan McCarter / Dr Catherine Poots

09:00 – 10:00: Session 1

- Talk 1 (15 mins): Ultrasound machine, ergonomics and needling technique
 - ?? Dr N. Black
- Talk 2 (15 mins): Common novice mistakes
 - ?? Dr S Shevlin
- Talk 3 (15 mins): Block assessment – is it working?
 - *Speaker TBC*
- Q&A with faulty

10:00 – 10:30: Coffee Break

10:30 – 11:30: Session 2

Focus on practicalities: indications, positioning, area of effect, doses, video/ images of needling, LA deposition

- Talk 1 (15 mins): Interscalene and Axillary brachial plexus blocks
 - *Speaker TBC*
- Talk 2 (15 mins): Femoral nerve and SIFI blocks
 - *Speaker TBC*
- Talk 3 (15 mins): Adductor canal and Popliteal sciatic nerve blocks
 - *Speaker TBC*
- Q&A with faulty



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11:45 – 12:45: Session 3

Focus on practicalities: indications, positioning, area of effect, doses, video/ images of needling, LA deposition

- Talk 1 (15 mins): Erector spinae and serratus anterior plane blocks
 - *Speaker TBC*
- Talk 2 (15 mins): Rectus sheath and TAP blocks
 - *Speaker TBC*
- Talk 3 (15 mins): Tips for the tricky spinal
 - *Dr C. Poots*
- Q&A with faculty

12:45 – 13:30: Lunch

13:30 – 14:50: Scanning 1

USS Scanning Stations x 4 (20 mins each)

- Station 1: Interscalene
- Station 2: Axillary
- Station 3: Popliteal
- Station 4: Rectus sheath and transversus abdominus

14:50 – 15:10: Coffee break

15:10 – 16:30: Scanning 2

USS Scanning Stations x 4 (20 mins each)

- Station 5: Femoral and adductor canal
- Station 6: ESP
- Station 7: Needling phantoms
- Station 8: Free Scan – the delegates decide!

16:30: Closing remarks